

Stand Up to Bullying

Q. What is bullying?

A. Bullying is **intentional, repeated hurtful acts or words**, such as name calling, threatening, or leaving someone out of a group. The person who is bullied usually does not provoke the bully. When someone bullies they do it to feel **powerful**.



Q. Who does bullying affect?

A. Bullying can affect everyone on center. Those who are targets of bullies often feel unsafe. They may lose interest in their trade and they may be very unhappy. If a lot of bullying is going on, the whole center might be a negative place.

Q. Who do bullies target?

A. Anyone can be a bully's target; however, some students are targeted more than others. Students who are smaller, weaker, or seen as different are more often bullied. Gay, lesbian, bisexual, and transgender (GLBT) individuals and young people with disabilities are often targeted by bullies.

Q. How can you tell if someone is bullied?

A. If you suspect that another student is bullied, talk with them and see what's going on. There are some signs that can tell you something is wrong with a friend. Keep your eye out for the following things:

- They have unexplained cuts, bruises, and/or scratches
- They lose interest in academics or trades
- They complain of stomachaches or headaches
- He or she is sad, depressed, or moody

Q. What should I do if I think someone is bullied?

A. If you see someone being bullied, support them. Do not join in the bullying. Tell the bully to stop. Then involve the person who is targeted in activities. Chances are they could use a friend. If the bullying doesn't stop, talk with an RA, counselor, or another staff person on center.

References

Davis S. Stop Bullying Now. Available at: <http://www.stopbullyingnow.com/>
Dunn, K. (2003). Bullying prevention. Indiana Department of Education. Available at: http://www.doe.state.in.us/sservices/pdf/bully_manual.pdf